COUNCIL COMMUNICATION

TO: THE CITY COUNCIL
FROM: THE CITY MANAGER'S OFFICE

COUNCIL MEETING DATE
SEPTEMBER 6, 1989

SUBJECT: MANAGEMENT PHYSICAL FITNESS PROGRAM

PREPARED BY: Assistant City Manager

RECOMMENDED ACTION: The City Council approve a department head physical fitness program and appropriate $5,000 to cover the cost.

BACKGROUND INFGRMATION: Council requested that a physical fitness program for department heads be explored.

We have had a physical fitness program in the Fire Department for the last two years. The results of that program have beer! quite satisfactory in reducing lost time injuries and sickness.

I am proposing a program modeled after the one in the Fire Department and to have that program administered by St. Joseph's Fitness Center. The program would consist of three essential parts:

1. Health Risk Analysis
2. Fitness Assessment
3. Exercise Program

The health risk analysis is an individualized computer interpretation to predict the relative risk of coronary-artery disease by evaluating stress levels, exercise patterns, personal habits, family history, body fat, blood chemistry, blood pressure, age, weight, and pulse rate. The program estimates change in risk if appropriate life style changes occur.

The fitness assessment is designed to interpret the individual's cardiovascular fitness level, body strength and flexibility and a recommended exercise prescription with recommended goals.

The third phase of the program is to provide the facilities to exercise. The Lodi City Employees' Association has a corporate membership at Twin Arbors Athletic Club which offers a discount rate to City employees. The cost of an individual membership is $40 per month.

In order to assure the employee is serious and committed, it is recommended he/she have a financial stake in the program. It is suggested the employee pay for membership in an athletic club and if he/she maintains the prbgram outlined in the fitness assessment, the City would reimburse the employee one-half the cost of the membership dues. Such amoun not to exceed $20 per month.

The cost for the progr ows:

Annual Health Basic Analysis	$ 35
Semi-Annual Fitness Assessment	80
Dues for 12 Months	240
Total	$355

The program would be voluntary on the part of the employee. If all management employees participate, the annual cost of the program would be 54,970.

The City fully supports this conce t and urges the Council to approve the program and appropriate $5,000 in t e Workers' Compensation Fund to fund the program for the first year.

Respectfully submitted,

rry L. Glenn
ssistant City Manager

JLG:br

Attachment

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HEALTH RISK APPRAISAL

Test:
This test predicts an individual's relative risk of coronary artery disease estimates change in risk if appropriate life style changes occur.

Assessments included in HRA:

A. Cardiovascular Assessment

Coronary heart disease represents the leading health problem in this country today. This is true for both men and women. General aerobic fitness, blood lipid profiles, and blood pressure assessments are critical determinants of overall cardio-vascular health.

1. Blood Lipid Panel

Test: A sample of blood is drawn under fasting conditions.
Total cholesterol and relative concentrations of HDL ("good" cholesterol), LDL ("bad" cholesterol), and blood triglycerides are determined.
Importance: Hyperlipidemia (high blood cholesterol) represents one of these primary risk factors for coronary artery disease. Proper exercise and diet have been shown to be effective interventions.

2. Resting Blood Pressure

Test: A cuff and stethescope are used to measure physiological resistance to blood flow, i.e., how "hard" the heart must work to insure adequate distribution of blood throughout the body.
Importance: High blood pressure (hypertension) represents another primary risk factor of heart disease. Exercise, fat reduction, and proper diet all can exert a profound influence on high blood pressure.

B. Body Weight

Importance: Overweight (overfat) is associate6 with increase risk for heart disease and other medical problems, e.g., diabetes, gall bladder dysfunction, hypertension, etc. Also, general physical fitness is influenced by the relationship of total body fat to Lean body mass (muscle) that a person possesses.
Test: Compares current body weight to suggested body weight based on age, height, frame size and gender.

C. Questionnaire

Test: A paper/pencil self report of special variables known to influence coronary artery disease, e.g., stress, nutrition, exercise habits, family history, etc.

Importance: Some of the more important determinants of cardiovascular disease relate to issues that only the individual can report.

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FITNESS ASSESSMENT

A. Cardiovascular Fitness Assessments

Coronary heart disease represents the leading health problem in this country *today*. This is true for both men and women. Aerobic capacities, blood lipid profiles and blood pressure assessments are critical determinants of overall cardio-vascular health.

1. Aerobic Capacity

   Test: A 5-8 minute submaximal bicycle test measures heart rate and blood pressure responses *to* exercise. The body's maximal ability to use oxygen is predicted.
   Importance: This is the single most important test of cardiovascular fitness. Specifically it determines a person's ability to sustain endurance activity. Also, individualized exercise programs are based on the results of this test.

2. Blood Lipid Panel.,

   Test: A sample of blood is drawn under fasting conditions. Total cholesterol and relative concentrations of HDL ("good" cholesterol), LDL ("bad" cholesterol), and blood triglycerides are determined.
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B. Body Composition Analysis (% body fat)

Test: 50% of all body fat is carried beneath the skin. Calipers measure this subcutaneous fat on selected body sites and allow for an estimate of the percent of one's body weight which is fat.
Importance: Excessively high body fat levels are associated with increase risk for heart disease and other medical problems, e.g., diabetes, gall bladder dysfcnction, hypertension, etc. Also, general physical fitness is influenced *by* the reittionship of total body fat to lean body mass (muscle) that a person possesses.

HEART CHEC - Coronary risk profile

Personal Report For

EXAMPLE EDDY

01-26-1989

fitness assessment

H E A R T C H E C - C O R O N A R Y R I S K P R O F I L E -

Report For: EXAMPLE EDDY ID # = 344 Age 40 Sex M Date 01-26-1989
Address : 2001 ELM ST STOCKTON CA 95207

RISK FACTORS/TEST RESULTS		RISK PROFILE (VERY LOW / LOW / AVERAGE / HIGH / VERY HIGH)	RISK SCORE	COMMENTS / PREVENTIVE ACTIONS
				** NOTE: HIGH SCORES INDICATE HIGH RISK
HEREDITARY FACTORS				
AGE	40	10 20 30 40 50 60	8/10	RISK INCREASES WITH AGE IN ALL PEOPLE KEEP OTHER RISKS LOW TO MINIMIZE AGE
SEX	0		3/ 5	MEN ARE A HIGHER RISK FOR CHD THAN WOMEN
FAMILY HISTORY	0	0 0 0 1 2 3	1/ 5	NO.OF RELATIVES DYING OF CHD BEFORE 60 KEEPING OTHER RISKS LOW HELPS
BLOOD TEST RESULTS				
TOTAL CHOLESTEROL	240	140 170 200 230 260 300	6/10	A FATTY SUBSTANCE IN THE BLOOD CAUSING CHD PRUDENT LEVELS ARE BELOW 180
HDL CHOLESTEROL	44	70 60 50 40 30 20	3/ 5	'GOOD CHOLESTEROL'- PROTECTIVE AGAINST CHD HDL LEVELS OF 55+ RECOMMENDED
T.CHOL/HDL RATIO	5.5	2 3 4 5 6 7	4/ 5	RATIO OF 'BAD CHOL.' TO THE 'GOOD CHOL.' PRUDENT RATIOS ARE 4.0 OR LESS
TRIGLYCERIDES	150	20 50 100 150 200 300	4/ 5	BLOOD FAT LEVELS PRUDENT VALUES ARE 100 OR LESS
GLUCOSE	101	50 90 110 115 120 150	1/10	BLOOD SUGAR LEVELS. TESTING FOR DIABETES VALUES OF 115 + MAY INDICATE DIABETES
BLOOD PRESSURE				
SYSTOLIC BP	135	100 110 120 140 160 180	3/ 5	MAXIMUM PRESSURE IN THE ARTERIES RECOMMENDED VALUES ARE LESS THAN 140
DIASTOLIC BP	88	60 70 80 90 95 100	3/ 5	MINIMUM PRESSURE IN THE ARTERIES RECOMMENDED VALUES ARE LESS THAN 90
FITNESS STATUS				
EXERCISE LEVEL	2	6 4 3 2 1 0	4/ 5	NUMBER OF VIGOROUS (AEROBIC) WORKOUTS/WK RECOMMEND 4-5 AEROBIC SESSIONS/WEEK
RESTING PULSE	84	50 60 70 80 90 99	4/ 5	HEART RATE AT REST A PULSE OF 60 OR BELOW IS PREFERRED
RELATIVE WEIGHT	112	90 100 110 120 130 140	3/ 5	ACTUAL WEIGHT 175 / RECOMMENDED WT. RECOMMENDED WT= 142 - 156
SMOKING	1	0 0 0 1 2 3	10/15	NUMBER OF PACKS SMOKED / DAY HIGHLY RECOMMEND NOT SMOKING
STRESS LEVEL	4	0 1 2 3 4 5	5/ 5	ON A SCALE OF 0-5 WITH 5 BEING HIGH REDUCE STRESS LEVEL IN YOUR LIFE
TOTAL RISK SCORE	54	0 20 40 60 80 100	54/100	TOTAL OF ALL INDIVIDUAL RISKS ABOVE YOUR SCORE INDICATES A HIGH RISK OF CORONARY HEART DISEASE.

PERCENT CHANCE OF DEVELOPING HEART DISEASE IN NEXT 8 YEARS

HEART ATTACK RISK								PERCENT LIKLIHOOD OF CHD IN NEXT 8 YEARS
CURRENT RISK (%)	10	(**********)					10/100	YOUR % CHANCE OF CHD BASED ON YOUR PRESENT HEALTH PRACTICES AND TEST RESULTS
		0	5	10	20	30	40	
ACHIEVABLE RISK %	3	(***)					3/100	YOUR % CHANCE OF CHD BASED ON ACHIEVING RECOMMENDED VALUES SHOWN BELOW:
		0	5	10	20	30	40	

RECOMMENDATIONS FOR RISK REDUCTION

COMMENTS:

CHECK WITH DOCTOR REGARDING REPORTED DIZZINESS

RECOMMEND REGULAR, AEROBIC EXERCISE AT LEAST 3 OR MORE TIMES PER WEEK

DOCTOR'S CLEARANCE RECOMMENDED FOR PERSONS OVER 35 BEFORE SIGNIFICANTLY INCREASING THEIR EXERCISE LEVEL

RECOMMEND LOWERING LEVEL OF STRESS IN YOUR LIFE

RECOMMEND NOT SMOKING - SMOKING IS VERY DAMAGING TO THE HEART, ARTERIES AND LUNGS

REDUCING CHOLESTEROL LEVEL TO 180 OR BELOW - OR TOTAL CHOL/HDL CHOL RATIO TO 4.0 OR BELOW:

SOFT TUB MARGERINES ARE PREFERABLE TO BUTTER - USE ANY SPREAD SPARINGLY

WHOLE WHEAT BREAD AND CEREALS ARE PREFERABLE TO WHILE BREAD AND REFINED GRAIN PRODUCTS

REDUCE INTAKE OF RED MEATS - FISH AND CHICKEN ARE PREFERABLE - KEEP ALL MEAT INTAKE LOW

KEEP INTAKE OF ORGAN MEATS AND SHELL FISH LOW - THEY ARE VERY HIGH IN CHOLESTEROL

KEEP INTAKE OF CHEESE, CREAM AND TOPPINGS LOW - THEY ARE VERY HIGH IN CHOLESTEROL AND FAT

KEEP INTAKE OF DEEP FRIED FOODS, FRENCH FRIES, PASTRY, POTATO CHIPS, ETC. LOW - HIGH IN SAT. FAT

ACHIEVE AND MAINTAIN IDEAL WEIGHT - AVOID EXTREME DIETS - FOLLOW A BALANCED APPROACH OF DIET AND EXERCISE

REGULAR AEROBIC EXERCISE LIKE BRISK WALKING, CYCLING AND SWIMMING BURN THE MOST CALORIES

EAT REGULAR MEALS, AVOID SNACKING BETWEEN MEALS

REDUCE INTAKE OF DESSERTS - USE MORE FRESH FRUITS FOR DESSERT

AVOID FATTY AND HIGHLY REFINED FOODS - EAT MORE FRESH SALADS, FRUITS, VEGETABLES, AND UNREFINED FOODS

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ST. JOSEPH'S EMPLOYER SERVICES AGREEMENT

This agreement is made between THE CITY OF LODI and ST. JOSEPH'S FITNESS CENTER for the purpose of providing Health Services for employees. This service and rate is as follows:

1. Health Risk Appraisal (Annual) . . . . . $35.00 each
2. Fitness Assessment (Semi-Annual) . . . . . $40.00 each
3. Exercise Prescription . . . . . $ 6.00 each

In return The City of Lodi agrees to pay for services rendered. Terms of payment shall be that all bills are due on a thirty (30) day cycle. Payment is due in full within thirty (30) days of receipt of the billing.

This agreement shall be in effect from September 11, 1989 through December 31, 1989.

This agreement may be terminated by either party by giving written notice to the other party at least thirty (30) days in advance of termination.

ST. JOSEPH'S FITNESS CENTER

By _____
Dixie Evans
Director

Date _____

By _____
Stephanie C. Wood
Employer Services Coordinator

Title _____

THE CITY OF LODI
221 West Pine Street
Call Box 3006
Lodi, California 95241-1910

By _____

Title _____

Date _____